



Faculty of Cognitive Sciences and Human Development

**THE RELATIONSHIP BETWEEN LEVEL OF PERCEIVED
DEPRESSION AND LIFE SATISFACTION AMONG THE
UNMARRIED**

Chu Sze Yin

**Bachelor of Counselling with Honours
2008**

HQ
800
C559
2008

BORANG PENGESAHAN STATUS TESIS

Gred: A-

JUDUL: The Relationship Between Level of Perceived Depression And Life Satisfaction Among The Unmarried.SESI PENGAJIAN: 2007/2008Saya CHU SZE YIN

(HURUF BESAR)

mengaku membenarkan tesis * ini disimpan di Pusat Khidmat Maklumat Akademik, Universiti Malaysia Sarawak dengan syarat-syarat kegunaan seperti berikut:

1. Tesis adalah hakmilik Universiti Malaysia Sarawak
2. Pusat Khidmat Maklumat Akademik, Universiti Malaysia Sarawak dibenarkan membuat salinan untuk tujuan pengajian sahaja
3. Pusat Khidmat Maklumat Akademik, Universiti Malaysia Sarawak dibenarkan membuat pendigitan untuk membangunkan Pangkalan Data Kandungan Tempatan
4. Pusat Khidmat Maklumat Akademik, Universiti Malaysia Sarawak dibenarkan membuat salinan tesis ini sebagai bahan pertukaran antara institusi pengajian tinggi
5. ** sila tandakan (✓)

☐

SULIT

(mengandungi maklumat yang berdarjah keselamatan atau kepentingan seperti termaktub di dalam AKTA RAHSIA RASMI 1972)

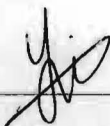
☐

TERHAD

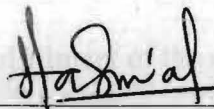
(Mengandungi maklumat Terhad yang telah ditentukan oleh organisasi/badan di mana penyelidikan dijalankan)

☒

TIDAK TERHAD



(TANDATANGAN PENULIS)



(TANDATANGAN PENYELIA)

Alamat Tetap:

lot 320, J Lang 4,
Jln Pujut 5,
98000 Miri, Sarawak

Tarikh: 8. 7. 2008Tarikh: 8/7/08

Catatan: * Tesis dimaksudkan sebagai tesis bagi Ijazah Doktor Falsafah, Sarjana dan Sarjana Muda
* Jika tesis ini SULIT atau TERHAD, sila lampirkan surat daripada pihak berkuasa/organisasi berkenaan dengan menyatakan sekali sebab dan tempoh tesis ini perlu dikelaskan sebagai TERHAD.

**THE RELATIONSHIP BETWEEN LEVEL OF PERCEIVED DEPRESSION
AND LIFE SATISFACTION AMONG THE UNMARRIED**

CHU SZE YIN

This project is submitted in partial fulfillment of the requirements for a
Bachelor of Counselling with Honours

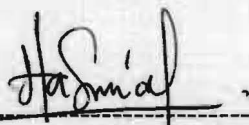
Faculty of Cognitive Sciences and Human Development
UNIVERSITI MALAYSIA SARAWAK
2008

The project entitled 'The Relationship between Level of Perceived Depression and Life Satisfaction among the Unmarried' was prepared by Chu Sze Yin and submitted to the Faculty of Cognitive Sciences and Human Development in partial fulfillment of the requirements for a Bachelor of Science with Honours (Counselling).

I would like to express my thanks to my final year project supervisors, Madam Jamayah Sali and my friend, Madam Hasmah Ibrahim. I greatly appreciate the dedication, comments, valuable time, suggestions and thoughtful ideas that they shared with me. It is because of their encouragement and guidance that enable me to finalize my final year project.

I would also like to express my thanks to both of my parents, family, friends who had given me all the encouragement and moral support in completing this research project. Lastly, I would like to thank my fellow colleagues who also played a role in helping me with my research.

Received for examination by:



Madam Nor Hasmah Ibrahim

Date:

8/7/08

Grade

A-

ACKNOWLEDGEMENT

I would like to dedicate my deepest gratitude to UNIMAS for giving me the opportunity to complete my final year project.

A special thank goes to my final year project supervisors, Madam Jamayah Sali and Madam Nor Hasniah Ibrahim. I greatly appreciate the dedication, comments, valuable time, suggestions and thoughtful ideas that they shared with me. It is because of their suggestions and guidance that enable me to finalize my final year project.

I would also like to express my thanks to both of my parents, family, friends who had giving me all the encouragement and moral support in completing this research. Finally yet importantly, I would like to thank my fellow colleagues who also played a vital part in helping me with my research.

TABLE OF CONTENTS

Acknowledgement	iii
Table of Contents	iv
List of Figures	vi
List of Tables	viii
Abstract	ix
Abstrak	x

CHAPTER 1 INTRODUCTION

1.0	Introduction	1
1.1	Background of Study	1
1.2	Problem Statement	2
1.3	Objective	4
	1.3.1 General Objective	4
	1.3.2 Specific Objectives	4
1.4	Conceptual Framework	5
1.5	Research Hypotheses	5
1.6	Significance of Study	6
1.7	Definition of Terms	7
	1.7.1 Depression	7
	1.7.2 Life Satisfaction	7
	1.7.3 Unmarried	8
1.8	Limitation	8
1.9	Conclusion	9

CHAPTER 2 LITERATURE REVIEW

2.0	Introduction	10
2.1	Depression	10
2.2	Gender and Depression	11
2.3	Age and Depression	12
2.4	Race and Depression	13
2.5	Life Satisfaction and Depression	14
2.6	Unmarried and Depression	15
2.7	Conclusion	16

CHAPTER 3 METHODOLOGY

3.0	Introduction	17
3.1	Research Design	18
3.2	Location	18

3.3	Population and Sample	18
3.3.1	Population	18
3.3.2	Sample	18
3.4	Research Instrument	19
3.4.1	Center for Epidemiological Studies Depression Scale (CES-D)	19
3.4.2	Satisfaction With Life Scale (SWLS)	20
3.5	Data Collection	20
3.5.1	Primary data	20
3.5.2	Secondary data	20
3.6	Data Analysis	21
3.6.1	Independent Sample t-Test	21
3.6.2	One-way ANOVA	21
3.6.3	Pearson's Correlations Coefficient	21
3.7	Conclusion	22

CHAPTER 4 RESULT

4.0	Introduction	23
4.1	Demographic Factor	23
4.1.1	Gender	24
4.1.2	Age	24
4.1.3	Race	25
4.2	Testing of Hypotheses	25
4.2.1	Independent Sample t-Test Analysis	26
4.2.2	One-way ANOVA	28
4.2.3	Pearson's Correlation Coefficient	30
4.3	Analysis of Interview Question	32
4.4	Conclusion	33

CHAPTER 5 SUMMARY, CONCLUSION AND SUGGESTION

5.0	Introduction	34
5.1	Summary	35
5.2	Limitations	36
5.3	Suggestion	37
5.3.1	Suggestion for the Organization	37
5.3.2	Suggestion for Future Study	37
5.4	Conclusion	38

Bibliography	39
---------------------	----

Appendices

Appendix A: Questionnaire	47
Appendix B: Output of SPSS	53

LIST OF FIGURES

Figure 1.1

Conceptual Framework

5

Table 1.1

Relationships between Gender and Level of

Table 1.2

Relationships between Age and Level of

Table 1.3

Relationships between Race and Level of

Table 1.4

Relationships between Gender and Level of

Table 1.5

Table 1.6

Relationships between Age and Level of

Table 1.7

Table 1.8

Relationships between Race and Level of

Table 1.9

Table 1.10

Relationships between Gender and Level of

Table 1.11

Relationships between Age and Level of

Table 1.12

Table 1.13

Table 1.14

LIST OF TABLES

Table 3.1	
Analysis Procedures	22
Table 4.1	
Distribution of Respondent according to Gender	24
Table 4.2	
Distribution of Respondent according to Age	24
Table 4.3	
Distribution of Respondent according to Race	25
Table 4.4	
Result of t-test for the Significant Difference between Gender and Level of Perceived Depression	26
Table 4.5	
Result of t-test for the Significant Difference between Age and Level of Perceived Depression	27
Table 4.6	
Result of ANOVA for the Significant Difference between Race and Level of Perceived Depression	28
Table 4.7	
Correlation between Level of Perceived Depression and Life Satisfaction	30
Table 4.8	
Estimation Relationship between Two Variables in Pearson Test	31

Table 4.9

Summary of hypotheses, test being used and the decisions for the hypotheses

32

ABSTRACT

THE EFFECTS OF WORK-RELATED DEPRESSION AND
LIFE SATISFACTION ON EMPLOYEES' PERFORMANCE

Chapter Two

The purpose of this study was to determine the relationship between the level of perceived depression and life satisfaction among the unmarried. This study was descriptive which demographic factors including gender, age, race and life satisfaction. The sample of the study was 69 employees from Shin Yang San. Data was collected using Center for Epidemiological Studies Depression Scale (CES-D) and Satisfaction with Life Scale (SWLS). The data obtained was analyzed with descriptive statistics and inference test. Independent sample t-test and one-way ANOVA were used to analyze the relation between independent variables, which were demographic factors. Pearson's Correlation was used to analyze the relationship between the level of perceived depression and life satisfaction. The result of the study showed that there were no significant differences among the independent variables. It was also concluded that there was significant relationship between the level of perceived depression and life satisfaction.

ABSTRACT

THE RELATIONSHIP BETWEEN LEVEL OF PERCEIVED DEPRESSION AND LIFE SATISFACTION AMONG THE UNMARRIED

Chu Sze Yin

The purpose of the study was to determine the relationship between the level of perceived depression and life satisfaction among the unmarried. this study was determined through demographic factors including gender, age, race and life satisfaction. The subject of the study was 69 employees from Shin Yang Sdn. Bhd. Instruments used were Center for Epidemiological Studies Depression Scale (CES-D) and Satisfaction With Life Scale (SWLS). The data obtained was analyzed with descriptive statistic and inference test. Independent sample t-test and one-way ANOVA were used to analyze the relation between independent variables, which were gender, age and race. Pearson's Correlation was used to analyze the relationship between the level of perceived depression and life satisfaction. The result of the study showed that there was no significant differences among the independent variables. The study also showed that there was significant relationship between the level of perceived depression and life satisfaction.

ABSTRAK

Perhubungan di antara Tahap Penerimaan Kemurungan dan Kepuasan Kehidupan dalam Kalangan Golongan yang Tidak Berkahwin.

Chu Sze Yin

Kajian ini bertujuan untuk mengenalpasti perhubungan di antara tahap penerimaan kemurungan dan kepuasan kehidupan dalam kalangan golongan yang tidak berkahwin. Kajian ini dikenalpasti melalui faktor demografi jantina, umur, etnik dan kepuasan kehidupan. Sampel kajian adalah seramai 69 orang pekerja dari Shin Yang Sdn. Bhd. Instrumen yang digunakan ialah Center for Epidemiological Studies Depression Scale (CES-D) dan Satisfaction With Life Scale (SWLS). Data yang diperolehi dianalisis dengan menggunakan ujian statistic deskriptif dan inferensi. Ujian-t dua pembolehubah bebas dan ujian ANOVA satu hala telah digunakan untuk menganalisis hubungan di antara pembolehubah tidak bersandar iaitu faktor demografi. Kolerasi Pearson digunakan untuk menganalisis hubungan di antara pembolehubah bersandar iaitu tahap penerimaan kemurungan. Hasil kajian ini menunjukkan bahawa tiada perbezaan yang signifikan di antara pembolehubah tidak bersandar. Selain itu, kajian ini juga mendapati bahawa terdapat hubungan signifikan di antara tahap penerimaan kemurungan dan kepuasan kehidupan.

CHAPTER 1

INTRODUCTION

1.0 Introduction

This chapter discusses the background of study, problem statement, research objectives and conceptual framework. The research hypotheses, significance of the study, definition of terms and limitation will also be included in this chapter.

1.1 Background of Study

Sadness is an emotion that is experienced by majority of individuals. However, it can become depression if it continues for an unusually long period. An individual can experience depression, which is diagnosed as psychological illness, either

conscious or unconscious. It can bring effects to an individual's lifestyle in terms of physical and mental.

Depression affected an individual physically and emotionally as it involved suffering of pain and dysfunction in lifestyle (Rice, & LaPlante, 1998; as cited in Mills, n.d.). An individual might also experience depression due to the feeling of helplessness if he or she faced failure in achieving the goals (Seligman, 1975; as cited in Saunders, & Roy, 2000).

According to National Institute of Mental Health (2000), the symptoms of depression consisted of persistent sad, loss of interest, feelings of guilt, restless crying, insomnia or hypersomnia, weight gain or weight loss, fatigue, suicide ideations and poor concentration.

Baron (1998; as cited in Saunders, & Roy, 2000) examined the risk factors for depression, which included cognitive dysfunction, hereditary, cultural differences and psychosocial factors. Meyer & Deitsch (1996; as cited in Saunders, & Roy, 2000) also included the factors of grief, alcohol abuse, stressors, persistent low self-esteem, and any history of chronic illness.

1.2 Problem Statement

The World Health Organization (WHO) (as cited in Rosliwaty, 2005) predicted that depression would be the second most common disease after heart attack. Rosliwaty (2005) reported that the number of cases of depression had increased from 11% in 1996 to 18.8% in 2001. According to the statistic done by Rosliwaty (2005) in 2004, a total number of 2004 people committed suicide in relation with mental illness. In United States, depression was the most commonly diagnosed mental disorder which affecting between 15% and 30% of its population

each year. In Australia, one in four women and one in six men experienced depression in their lifetime (Kessler, 1996; as cited in Report of the Chief Health Officer, 1997).

According to Johnson & Flake (2007), depression affected one in five women and one in ten men across their lifespan. It was reported that 5% to 10% of adults were clinically depressed, while 10% to 15% suffered subclinical levels or milder forms of depression. About 75% of adults who recovered from depression may experience this same disorder again in the future, with up to 40% of them recurring within 2 years. There are less than 25% of patients had received sufficient treatment.

Marital status was highly associated with the prevalence of depression. An example of a research related to this was carried out by Hirschfeld & Weissman (2002), where the result showed that married and unmarried individuals were less depressed than those who were divorced, separated and widowed. This was also supported by Brown (2000), stated that marrieds reported better mental health than the unmarrieds did. Palner & Mittelmark (2002) revealed that the separated and divorced individuals suffered more on mental distress than the marrieds. In addition, Niolan (2002) reported that 40% of the marrieds lived happily if compared to only about 25% in single people.

In Saunders & Roy (2000), it was shown that depression was negatively associated with life satisfaction. Simpson, Schumaker, Dorahy & Shrestha (1996) also reported a significant inverse relationship between depression and life satisfaction. Despite of that, the unmarrieds were found to be less satisfied than the marrieds according to Diener, Suh, Lucas, & Smith (1999; as cited in Bailey, & Snyder, 2007). In addition, women's psychological well-being was also related to life satisfaction where widowers are less satisfied with life among men (Berg, Hassing, Mclearn, & Johansson, 2006).

1.3 Objective

This study contained two objectives, which were general objective and specific objectives.

1.3.1 General Objective

This study investigated the relationship between level of perceived depression and the life satisfaction among the unmarried.

1.3.2 Specific Objectives

The specific objectives of this study were:

- 1.3.2.1** To identify the level of perceived depression faced by the unmarried in terms of gender.
- 1.3.2.2** To identify the level of perceived depression faced by the unmarried in terms of age.
- 1.3.2.3** To identify the level of perceived depression faced by the unmarried in terms of race.
- 1.3.2.4** To identify the relationship between level of perceived depression and life satisfaction among the unmarried.

1.4 Conceptual Framework

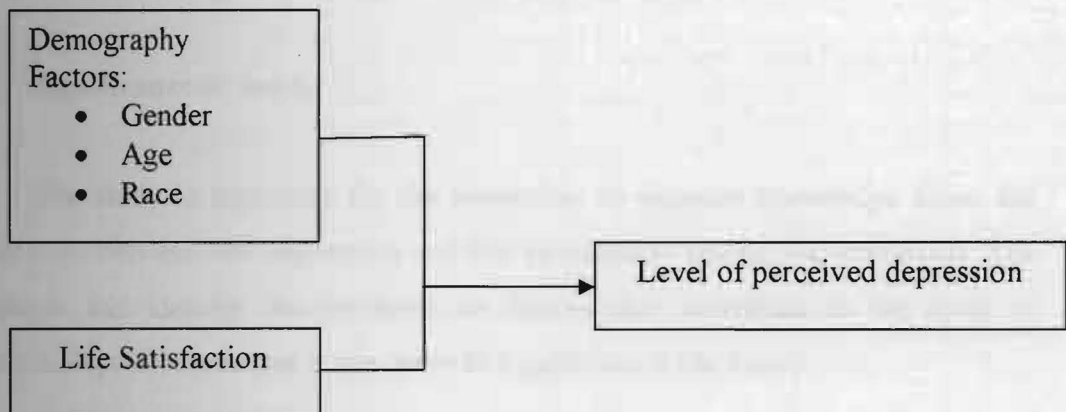


Figure 1.1 Conceptual Framework

This figure showed that the relationship between the demography factors and life satisfaction that would lead to the level of perceived depression faced by the unmarried. This framework would be used to develop questions and hypotheses for the questions.

1.5 Research Hypotheses

Ho1: There is no significant difference between gender and level of perceived depression among the unmarried.

Ho2: There is no significant difference between age and level of perceived depression among the unmarried.

Ho3: There is no significant difference between race and level of perceived depression among the unmarried.

Ho4: There is no significant relationship between the life satisfaction and level of perceived depression among the unmarried.

1.6 Significance of Study

The study is important for the researcher to increase knowledge about the relationship between the depression and life satisfaction among the unmarried. The researcher can identify the problems or factors that contribute to the level of perceived depression, so that it can serve as a guideline in the future.

Severe depression will lead to suicidal attempts and is harmful. Thus, it is important to carry out this study in order to investigate the causes of the level of perceived depression among the unmarried, either for men or for women. It can be a useful guide to other researchers too because it is believed that the findings of this study will provide valuable and useful data and information.

Finally, this study is also important as it can be applied in the area of counselling where counsellors and psychologists are able to increase their awareness of their roles in helping those who are suffering from depression. Although this study is not a new topic, it can provide new information or knowledge in the field of counselling. Besides, this study may come in handy for counsellors when assisting clients in deciding what is the best way or technique in coping, adapting, and managing depression.

1.7 Definition of Terms

1.7.1 Depression

1.7.1.1 Conceptual definition

An emotional state revealing itself with the loss of interest and pleasure in ordinary activities, great sadness, feelings of guilt and worthlessness, loss of appetite and sleep, and loss of sexual desire (Davidson & Neale, 1994; as cited in Ceyhan, Ceyhan, & Kurtyilmaz, 2005).

1.7.1.2 Operational definition

A psychological illness that causes disturbance to an individual's daily life by affecting one's body, mood and thoughts.

1.7.2 Life Satisfaction

1.7.2.1 Conceptual definition

A global assessment of a person's quality of life according to his chosen criteria (Shin, & Johnson, 1978; as cited in Saunders, & Roy, 2000).

1.7.2.2 Operational definition

Life satisfaction in this study refers to the measure of an individual's perceived level of well-being.

1.7.3 Unmarried

1.7.3.1 Conceptual definition

Marital status categories separated, divorced, widowed, and never married, these were collapsed into one category of unmarried respondents (Palner, & Mittelmark, 2002).

1.7.3.2 Operational definition

Unmarried in this study refers to the individuals who are categorized under the group or population of never married.

1.8 Limitation

There were several limitations in this study. The self-reported interview questions might not be consistent due to the different perceptions and opinions among the respondents. There was inherently slight variation on how the respondents understand the questions. Besides that, the result of the findings was highly depended on the honesty and cooperation of the respondents.

Due to the reason that the sample size of the respondents in this study consisted of mainly Shin Yang Sdn. Bhd., the results may not be relevant and suitable to be used for other organizations. 100 set of questionnaires were distributed but only 69 of the total questionnaires were completed. In addition, the sample size of the study was not representative for the whole population and it could not be generalized to the whole population.

Besides, the instruments were developed according to western context, and it might influence the result generated later due to cultural differences context. In addition, the respondents might not understand or confused with the meaning of the questions that they might be doubtful when answered the questionnaires.

1.9 Conclusion

Overall, this chapter had discussed about the background of the study, statement of problem, objective of the study, conceptual framework, research hypotheses, significant of the study, definition of terms used and the limitations of the study.

CHAPTER 2

LITERATURE REVIEW

2.0 Introduction

This chapter discusses about the past researches and literature review which will be included in this study. The researches and literature review are obtained from foreign countries. It is important to understand thoroughly about the topic related to this study in order for further explanations.

2.1 Depression

Depression had been defined as an arose from unpleasant feeling of sadness. Sandberg, Miller, & Harper (2002) defined depressive disorders as “a chronic, recurrent, and severe burden to both patients and their families”. It was the most

common psychiatric diagnosis (Craighead, Craighead, & Ilardi, 1998; as cited in Detweiler-Bedell, Detweiler-Bedell, & Hazlett, 2008), where it affected a large amount of population worldwide. This was also supported by the World Health Organization (2001, as cited in Byrne, Stewart, & Lee, 2004), stating that depression was one of the cause led to disability worldwide.

Depression was increasing among the general population (Raj, & Dean, 2005). It affected nearly 330 million people all over the world (Smith, McCullough, & Poll, 2003; as cited in Raj, & Dean, 2005). The frequency of depression among women ranged from 10% to 25%, while 5% to 12% for men (American Psychiatric Association, 2000; as cited in Raj, & Dean, 2005).

Several studies had confirmed that 17–20% of the general population suffer from mild to severe depression, where it was associated with functional impairment either physically or emotionally (Panagiotakos, Pitsavos, Chrysoh  ou, Tsetsekou, Papageorgiou, Christodoulou, et al., 2004). Unfortunately, depression had hardly been noticed as it always associated with other disease as reported by Zarit & Zarit (1998; as cited in Sandberg et al., 2002).

2.2 Gender and Depression

Many researchers had given much attention to the study of depression and its relation to gender differences. For example, a research carried out by Kraaij, Garnefski, & Vlietstra (2008) showed that gender was significantly related to depression, where women reported more depressive symptoms than men were. Baron (1998; as cited in Saunders, & Roy, 2000) reported that 21.3% of women and 12.7% of men would experience depression across their lifespan.

A number of factors had been listed for the gender difference in depression, ranging from biological to social and cultural. However, none of these could determine the difference between gender and depression. One of the most common findings was that women reported at higher rate of depression than men according to Nolen-Hoeksema (2001; as cited in Thayer, Rossy, Ruiz-Padial, & Johnsen, 2003).

Sherrill, Anderson, Frank, Reynolds III, Xin, Patterson, et al. (1997) and Wu & DeMaris (1996) reported that women were at least twice as likely as men to experience depression within a lifetime. Piccinelli, & Wilkinson (2000; as cited in Breslin, Gnam, Franche, Mustard, & Lin, 2006) also indicated that depression was about twice as common in females than in males.

However, the change in gender roles might bring some evolution to this trend. According to Mazure, Keita, & Blehar (2002), the divergence in depressive onset may due to the difference in sex hormones between men and women. .

2.3 Age and Depression

Breslin et al. (2006) reported that age was related with depression, either in a positive or negative relationship. However, the risk for adolescents experiencing depression was not related with age in a clear-cut manner, where it was related to age in females but not in males (Poulin, Boudrea, & Santor, 2005). Female depression was higher than male at the mid-late-adolescent due to external factors such as physical dissatisfaction, low self-esteem and unpleasant family historical (Lewinsohn, Gotlib, & Seeley, 1997; as cited in Beattie, 2005).

The rates of experiencing depression would increase with age (Papadopoulos, Petridou, Argyropoulou, Kontaxakis, Dessypris, Anastasiou, et al., 2005). In contrast, Fisher, Zeiss, & Cartensen (1992; as cited in Tan, Monga, Thornby, & Monga, 1998)